

## AMENDMENTS TO THE ABSTRACT

Please delete the present Abstract and substitute therefor the following:

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B1  
A method for assisting an individual to monitor, control and modify certain aspects of the individual's physiological status according to a preset physiological status goal comprising establishing the goal according to certain preselected physiological parameters, affixing a physiological monitoring device in proximity to the body of the individual, generating data indicative of one or more measured parameters of the individual using said device, and using the one or more measured parameters to determine status information indicative of the relative degree of achievement of the individual's performance with relation to the physiological status goal and providing the status information to the individual. Alternatively, the method may comprise providing, to the individual, information indicative of a suggested change in the individual's performance to assist the individual in the achievement of the physiological status goal.

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